



COLD SPRINGS FAMILY CENTER

Where Family, Fun & Fitness Come Together

## Cold Springs Family Center Group Exercise Schedule

Effective: January 5th - January 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.	5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.	5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.	5:15am-6:30am <b>Pickleball</b> BEGINNERS ONLY B-ball Ct.		9am-10am <b>Fitcamp</b> Angela	8:30am-11am <b>Pickleball</b> B-ball Ct.
8:00-9:00 <b>Piloxing</b> Gail						
9:30-10:30 ZUMBA Gail Starting 1/12	9:30-10:30 <b>Cycle</b> Gail	9:30-10:30 <b>Piloxing</b> Gail No Class 1/7	9:30-10:30 <b>Step</b> April	9:30am-10:15am <b>Band + Strength</b> Shelby		
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct			
10:30am-1pm <b>Pickleball</b> B-ball Ct	10:45am-11:30am <b>Band + Strength</b> Shelby	10:30am-1pm <b>Pickleball</b> B-ball Ct	10:30am-1pm <b>Pickleball</b> B-ball Ct			
6pm-6:45pm <b>Full Body Circuit</b> Shelby	6pm-7pm <b>Zumba</b> Gail Starting 1/13	6pm – 7pm <b>Cycle + Core</b> <b>Power Workout</b> Angela				

**Pickleball:** For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation.

**Family Center Hours: M-F 5am-8pm; Saturday 8-4; Sunday 8-12**